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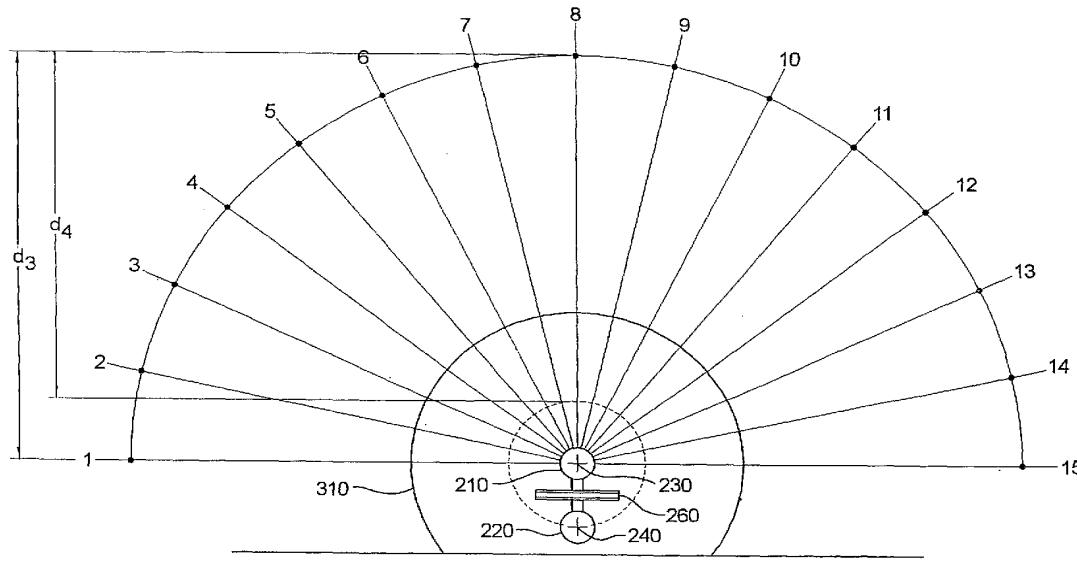
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(54) Title: BASKETBALL TRAINING SYSTEMS AND METHODS



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(57) Abstract: Basketball training systems and methods are disclosed herein. In one embodiment, a basketball training apparatus (200) includes a first rim (210) and a second rim (220). The first rim (210) has a center (230) and the second rim (220) has a center (240). The first rim (210) rotates about its center (230) and the second rim (220) revolves about the center (230) of the first rim (210).